May/June 1990 Volume 15, Number 3

A summary of recent news stories from the University of California, San Francisco

UCSF

News for You

Unnecessary Medical Treatment Given to Jaundiced Babies

Evidence suggests that many babies born at full term and healthy except for jaundice are receiving unnecessary medical treatment, according to a new study by pediatricians at UC San Francisco and William Beaumont Hospital in Michigan.

"The extra days are expensive, stressful to the parents, and painful for the child, who must repeatedly have blood drawn for testing," says Thomas B. Newman, who conducted the UCSF research.

The UCSF-William Beaumont study found no evidence that full-term newborns who are healthy except for jaundice are at greater risk than other infants. The study was based on a review of more than two dozen previous studies into the relationship of jaundice in newborns to various medical problems.

Jaundice is common in newborns because a baby's liver often needs a few days to adjust to life outside the womb. But severe jaundice can result in brain damage in babies with Rh disease, an illness that can occur when mother and baby have different blood types.

Traditionally, physicians have treated jaundice in newborns. And although current preventative treatment makes severe Rh disease now rare, physicians still treat jaundice, according to Newman.

"All of us worry when a baby is jaundiced that if we don't treat it aggressively and something happens, the jaundice and hence the doctor will be blamed," says Newman. "Concerns about malpractice suits have led to over-treatment."

Nevertheless, Newman stresses that jaundice may indicate infection, anemia or liver dysfunction; and that laboratory tests are important for infants with extreme or persistent jaundice, or babies who exhibit other signs of illness. For most jaundiced infants, however, laboratory tests are "expensive and unnecessary," Newman maintains.

Measuring Harmful Ultraviolet Light

A UC San Francisco marine biologist has developed the first technique to directly measure the amount of harmful ultraviolet light Antarctic marine life is exposed to as a result of depletions in the earth's ozone layer.

During a research trip to Antarctica, Deneb Karentz of UCSF's Laboratory of Radiobiology and Environmental Health, placed a mutant strain of the common intestinal bacteria, *E. coli*, into thin plastic bags and submerged the bags into varying depths of water down to nearly 100 feet.

Unlike most organisms, mutant *E. coli* cannot repair UV damage, so it serves as a reliable source for measuring UV exposure. Karentz measured the percentage of dead bacteria in each bag against a reference bag sealed from light.

"This biological dosimeter provides an estimate of the maximum damage that can take place as a result of the UV," says Karentz, who detected significant amounts of harmful UV at depths of 33 feet and some UV at up to 100 feet.

The most harmful UV wavelengths, UV-B, are absorbed by DNA and proteins, causing changes that interfere with their normal functioning.

"Marine organisms are being exposed to harmful UV," says Karentz, who plans to return to Antarctica this fall (spring in Antarctica). "A big question now is, is this exposure affecting the initial growth spurt (of marine life) in the spring?"

Scientists have detected a hole forming in the atmospheric ozone layer over Antarctica each spring for the past decade. The hole allows ultraviolet rays to pass through the atmosphere to the earth's surface.

New, Stronger Fillings

New plastic cements that bond fillings to teeth provide extra strength that can help prevent later tooth fractures, according to laboratory studies at UC San Francisco's School of Dentistry.

Researchers have determined that teeth with either gold or silver fillings withstand significantly more pressure when bonded with resin than when not. The cement provides a chemical bonding, in which the chemical properties of resin, tooth and filling interlock, as well as a simple mechanical attachment between filling and tooth.

"The lab tests show we're heading in the right direction in making filled teeth more resistant to breaking," says restorative dentist Warren S. Eakle, head of the research team. "Now we need to move on to clinical tests, which we hope to do in the next couple of years."

The most recent UCSF laboratory test of silver fillings involved 14 pairs of extracted premolars. Half were prepared with cement and half without. Both groups were subjected to three common stresses on teeth: temperature extremes; water submersion; and pressure, by means of a mechanical device that simulated biting.

Tooth fractures are the third most prevalent dental problem—after tooth decay and gum disease—and a major reason for the restoration of molars with artificial crowns.

In Brief

UCSF-Mount Zion Integration Approved

A plan for the integration of Mount Zion Hospital and Medical Center and the Medical Center at UCSF has been approved by the UC Board of Regents and the Mount Zion Board of Directors.

The Regents also certified a Final Environmental Impact Report for the proposed project, clearing the way for UCSF and Mount Zion to begin the integration, which will become effective on or about April 1, 1990. At that time title to certain property will be conveyed to the University, which has agreed to continue to operate Mount Zion as a general, acute care hospital with teaching, community service and research programs.

As of July 1, 1990, the University will assume full responsibility for the governance and operation of Mount Zion, and Mount Zion regular employees will become UCSF employees. The name as of July 1 will be "Mount Zion Hospital and Medical Center of the University of California, San Francisco."

Plans call for:

- A comprehensive cancer program at Mount Zion that will provide a variety of diagnostic and therapeutic procedures for patients and will speed research for new treatments.
- A new pediatric rehabilitation and chronic care program at Mount Zion to care for children who are developmentally disabled.
- An expanded psychiatric unit.
- A more comprehensive training program for students and house staff which will provide an opportunity to care for patients with the common diseases and illnesses they would be treating when they establish their own practices in the community.

AIDS Conference Needs Volunteers

Volunteers are needed to help at the Sixth International Conference on AIDS from June 20-24. Hosted by UCSF as part of the campus' 125th Anniversary, it is estimated the conference will attract up to 15,000 participants from around the world. Volunteers are needed to perform a full range of important tasks. People also are needed who would like to host conference delegates in their San Francisco homes. For further information call 951-1990.

New Catheter Sees, Removes Plaque in Arteries

UC San Francisco researchers have designed a new catheter which not only allows doctors to see a diseased artery, but also shaves away plaque that clogs blood vesssels leading to the heart.

The catheter is the first to combine viewing—via ultrasound—and removal of fatty deposits in arteries. The technique could be safer and more effective than current techniques to unclog potentially fatal blockages in blood vessels, reports Paul Yock, a member of the UCSF Cardiovascular Research Institute.

The mechanical device has been tested in animals and in the laboratory in diseased vessels removed from humans, but will have to be approved by the Food and Drug Administration before it can be tested in humans.

More News for You

on the back page

What's happening

May/June 1990
A bimonthly calen
events at UC San

Special Events

Mon., May 7
Spring Twilight Concert: San Andreas String Quartet. Millberry Union Conference Center, 500 Parnassus. Tickets $5 general, students free. 5:30 p.m.

Wed., May. 9 *125th*
38th Annual Academic Senate Faculty Research Lecture: "Unraveling Prion Diseases through Molecular Biology & Transgenetics." UCSF neurologist Stanley Prusiner. Cole Hall, 513 Parnassus. 2 p.m.

Thurs., May 10 *125th*
13th Chauncey D. Leake Lecture: "Retroviruses & Oncogenes." Nobel laureates J. Michael Bishop & Harold E. Varmus. Cole Hall, 513 Parnassus. 3-4:30 p.m. Call 476-8159 for information.

Fri., May 19 *125th*
Celebration of the Community Dental Clinics 10th Anniversary & the 20th Anniversary of the Dept. Dental Public Health & Hygiene. Symposium titled "The State of Dental Health as We Approach the Year 2000." Rm. 701, Clinical Sciences Bldg., 521 Parnassus. 9 a.m.-4:30 p.m. Reception to follow. Call 476-1101 for information

Sat., June 2
UCSF Orchestra. Tickets $5 general, $3 students & seniors. Millberry Union Gym, 500 Parnassus. 8 p.m. Call 476-2542.

June 1-30 *125th*
AIDS: A Scientific Look for the Layman. Exhibit tied to the Sixth International AIDS Conference which will explain how the AIDS virus attacks the body & immune system & how modern biology is being used to treat the disease. Exploratorium, Marina Blvd. & Lyon, SF.

June 20-24 *125th*
Sixth International Conference on AIDS. Hosted by UCSF, the conference brings together top AIDS researchers & health care professionals from around the world. Moscone Convention Center & Marriott Hotel, SF. Volunteers needed. Call 951-1990 for information.

Women's Programs

Events & workshops sponsored by UCSF Women's Resource Center unless otherwise noted. For further information call 476-0400. To pre-register call 476-5836.

Events:

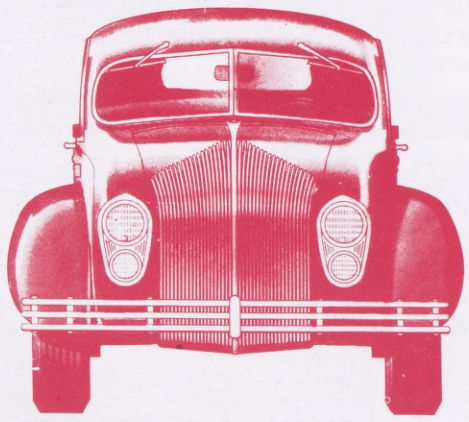
Tues., May 8
In Honor of Cinco de Mayo: Children of War. Anthropologist Margarita Melville reports on her research with Guatamalan Indian children in refugee camps. Toland Hall, 533 Parnassus. Noon-1 p.m.

Tues., May 22
Why Women Stay. This documentary examines the reasons why women stay in violent homes. Facilitated by Noemi Sohn & Deborah Rochelle-Williams. Sponsored by the Rape Prevention Education Program. Toland Hall, 533 Parnassus. Noon-1 p.m.

Wed., May 23
In Celebration of Asian/Pacific Cultural Awareness Week: Issues Facing Asian/Pacific American Women in the 1990s. Socialist-feminist Merle Woo. Toland Hall, 533 Parnassus. Noon-1 p.m.

Workshops:

Sat., May 12
Down Under the Hood: A Car Care & Safety Workshop for Women. Ellis Brooks Chevrolet-Nissan-Geo, 1395 Van Ness Ave. 9 a.m.-1:30 p.m. $20.



UCSF-Laurel Heights Events

All events held in the auditorium at 3333 California St. Free parking available.

Fri., May 11 *125th*
Just About All Jazz: Turtle Island String Quartet. The last in a series of six concerts. $10 general, $9 UCSF faculty & staff, $8 seniors, students & Millberry Union members, $3 children under 14. Grandparents free when accompanied by grandchildren. 8 p.m.

Sun., May 20
Benefit for San Francisco Retired Senior Volunteer Program: Sweet Adelines Female Choral Group. In recognition of Older Americans Month, UCSF Office of Public Service Programs & the Sweet Adelines are cosponsoring this benefit. Tickets $10 general, $5 seniors. 3:30-5 p.m. Call 476-8432.

Fri. & Sat., June 8 & 9 *125th*
The Threat to the Cosmic Order: Psychological, Social & Health Implications of Richard Wagner's *Ring of the Nibelung*. Sponsored by UCSF Dept. of Psychiatry, UCSF Health Program for Performing Artists & San Francisco Opera Company. $65-$125. Friday 2-5:30 p.m., Saturday 9 a.m.-6 p.m. Call 476-5808 for information and to register.

Brown Bag Lectures

All lectures are free and held on Wednesdays at noon in Rm. 300 Health Sciences West, enter through 513 Parnassus. For further information call 476-4394.

May 2
Are Hispanics Here to Stay—Or Will They Just Fade Away?

May 9
Cocaine: Is It Time to Make It Legal?

May 16
Hypermedia Equals Hypereducation?

May 23
Update on Dental Implants.

May 30
One People, Two Systems—One Result?

June 6
How to Buy a New or Used Automobile.

June 13
Twelve Steps to Cancer Prevention & Better Health.

June 20
How Much Is It Worth?

June 27
Scientific Genius: Truths & Myths of Path-Breaking Science.

Outdoors Unlimited

Outdoors Unlimited is a cooperative resource center for outdoor recreation and adventure, serving both the UCSF campus and the general public. It provides skills training, equipment rentals, trip planning information and a place to meet others with similar interests. To receive a quarterly listing of trips and clinics, send a self-addressed, stamped envelope to Outdoors Unlimited, Box 0234A, UCSF, San Francisco, CA, 94143. For more information call 476-2078.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-6430.

Events:

Tues., May 15
A Celebration of Lives. A community gathering to acknowledge & talk proudly about the people in our lives who have died. Metropolitan Community Church, 150 Eureka St. (near 18th St.). 7:30 p.m. Call 476-6430.

Services:

Individual Risk Assessments & Referrals. By appointment. Free.

Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS, ARC or HIV infection, in a risk group or otherwise affected.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS or ARC.

Caregiver Training. Caring & self-caring skills for professionals & volunteers.

Cole Hall Cinema

Films are shown on Thursdays and Fridays in Cole Hall, 513 Parnassus. Children under 14 $2; UCSF students, seniors & Millberry Union members $2.50; general $3. Call 476-2571. (Movies may be subject to change.)

May 3 at 5:45 & 8 p.m.
May 4 at 6:30 & 8:45 p.m.
Back to the Future II.

May 10 at 5:45 & 8:15 p.m.
May 11 at 6:30 & 9 p.m.
Glory.

May 17 at 5:45 & 8:15 p.m.
May 18 at 6:30 & 9 p.m.
Enemies, A Love Story.

May 31 at 5:45 & 8:45 p.m.
June 1 at 6:30 & 9:30 p.m.
Born on the Fourth of July.

Paths of Healing & Wholeness

All talks are free and held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call Marie Lehrer at 476-3939.

May 4
Post Traumatic Stress.

May 11
Noble Parenting.

May 18
Children: Creating the Base for Health.

May 25
Belief, Attitude & Feeling: Ally Obstacles in the Healing Process.

June 1
Nutrition for Women.

June 8
Helping Care Givers Take Care of Themselves While Taking Care of Others.

June 15
Diet for Detoxification.

June 22
The Truth About Dieting: Diets Don't Work.

June 29
From Deprivation to Abundance.

Volunteer Orientation

Programs to acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Held in Rm. 191 Long Hospital, 505 Parnassus, on the Tuesdays listed below. For further information call 476-1196.

May 1 & 29, 9-11 a.m.
May 15, 6-8 p.m.

Senior Health Education Program

Free lectures by UCSF staff geared to senior citizens. Schedules are subject to change. Call 476-3206 to confirm events.

Tues., May 1
Exercise. On Lok/Powell St. Center, 1441 Powell St. 10 a.m.

Wed., May 2
Pain. Aquatic Park Senior Center, 890 Beach St. 1 p.m.

Tues., May 8
Health Myths. North Beach Seniors, 666 Filbert St. 1 p.m.

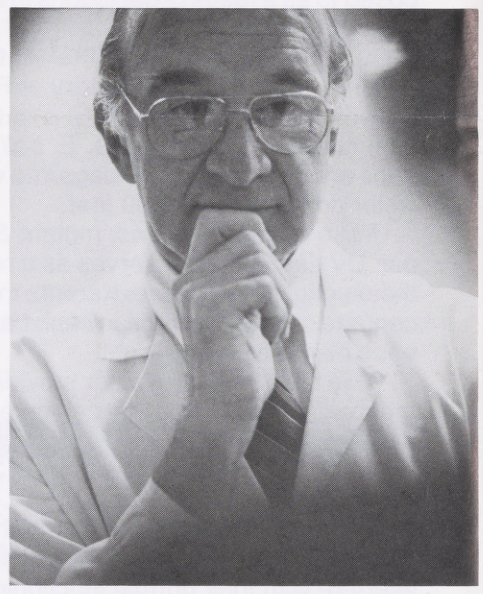
Thurs., May 10
Biotechnology & Its Promise for Health. Senior Power/Thursday Club, 805 Howard St. 1 p.m.

Wed., May 16
Health Myths. Ocean/Mission/Ingleside Senior Center, 400 Randolph. 12:15 p.m.

Wed., May 16
Poison Prevention for Grandparents. Bernal Heights Senior Program, 515 Cortland Ave. 12:40 p.m.

Thurs., May 17
Memory Loss. Seventh Ave. Presbyterian Church Senior Center, 1329 Seventh Ave. 1 p.m.

Thurs., May 17
Communicating with Your Doctor. Mission YMCA, 4080 Mission St. 11 a.m.



Mon., May 21
Hearing Loss/New Hearing Aids. Noriega Senior Services Center, 3601 Noriega St. 10:45 a.m.

Fri., May 25
Folk Medicine. Richmond District YMCA, 360-18th Ave. 2 p.m.

Tues., June 26
Alzheimer's Disease. Retired Senior Volunteer Program, Lutheran Church, 20th & Quintara. 1 p.m.

CPR Training *125th*

"Save A Heart" Program. CPR classes sponsored by UCSF CPR Center. Rm. 229, Nursing Bldg., enter through 521 Parnassus. Mon., May 14, 6-9 p.m.; Sat., June 2, 16 & 30, 9 a.m.-noon. $20. For information & registration, call 476-1817.

CPR Road Show. Traveling CPR instruction by volunteer instructors sponsored by the UCSF Center for Pre-Hospital Research & Training. For more information call Laura at 476-8502.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, May 1, 8, 15, 22 & 29 and June 5, 12, 19 & 26. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

Com Talks

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May 4 **Diamon** Blvd., ad

May 7-11 **Sunset** & 26th A

May 14-1 **Taraval**

May 21-2 **Embarca** Sacrame

May 29- **Richmo** Geary &

June 4-5 **CED/UC** 15th St.

June 6-8 **Westlak** Park Pla

June 11- **Marina** shed & F

June 18- **UCSF La** parking l

June 25- **Diamon** Blvd., ad

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University News an 513 Parn San Fran

une 1990
onthly calendar of public
at UC San Francisco

Community Health Talks

A series of free lecture/discussions sponsored by Office of Public Service Programs held at either UCSF Laurel Heights (LH), 3333 California St., or the Parnassus campus (P), Room 302 Health Sciences West (enter through 513 Parnassus. 7-8:30 p.m. Free parking available. Call 476-3206 for further information.

Thurs., May 24
Smokeable Drug Abuse. (P)

Thurs., May 31
Staying Fit & Flexible. (LH)

Wed., June 20
Your Shoe & Its Foot. (P)

Thurs., June 28
New Developments in Cosmetic Dentistry. (LH)

Breast Cancer Screening

Women can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $50. Your physician's approval is required. For appointments call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m.

May 4
Diamond Heights. On Diamond Heights Blvd., adjacent to Safeway.

May 7-11
Sunset District. On Irving St. between 25th & 26th Aves.

May 14-18
Taraval St. Between 17th & 18th Aves.

May 21-25
Embarcadero. On Drumm St. between Sacramento & Clay.

May 29-June 1
Richmond District. On 7th Ave. between Geary & Clement. (May 28 is a holiday).

June 4-5
CED/UCSF. 1855 Folsom St., in parking lot off 15th St.

June 6-8
Westlake Shopping Center. Daly City, on Park Plaza Dr. near Safeway.

June 11-15
Marina Green. Parking lot near Goodwill shed & Fort Mason.

June 18-22
UCSF Laurel Heights. 3333 California St., in parking lot on left.

June 25-28
Diamond Heights. On Diamond Heights Blvd., adjacent to Safeway.

UCSF

University of California, San Francisco
News and Public Information Services
513 Parnassus Avenue
San Francisco, CA 94143-0462

She woke up with pain. She went to bed with pain. Sleep was the only real escape.

It was her "miracle operation."

At least, that is what Maureen Schopf calls it. But it isn't really a miracle, just something called percutaneous diskectomy.

This newest surgical procedure for sciatica, broadly defined as lower back pain that radiates into the legs, has made a big difference for the active Alameda resident. She no longer lives with pain.

Maureen's problems began four years ago with a sudden stabbing pain in her lower back that spread down her right leg. What began as a nuisance soon became a nagging problem that rest and physical therapy couldn't cure. She woke up with pain. She went to bed with pain. Lying down helped. But sleep was the only real escape.

A CT scan confirmed that Maureen suffered from a herniated, or slipped, disk. The bulging disk pinched the sciatic nerve route in her back causing the discomfort in her buttock and leg.

Determined not to let the condition debilitate her, Maureen continued her office job in San Francisco's financial district. She couldn't stand for too long and frequently leaned against furniture to support herself. When she couldn't get a seat on BART, she sat on the floor for her 20-minute commute.

The pain took its toll in other ways as well. Athletic and outgoing, Maureen normally skied, biked, ran, played tennis and worked out. But she had to cut back on her physical activities. She was less inclined to socialize with her friends. And she and her husband, Greg, put off having a child.

Maureen tried various medications that her doctors prescribed, but the best provided only temporary relief. She avoided a laminectomy—major back surgery—because she feared possible complications.

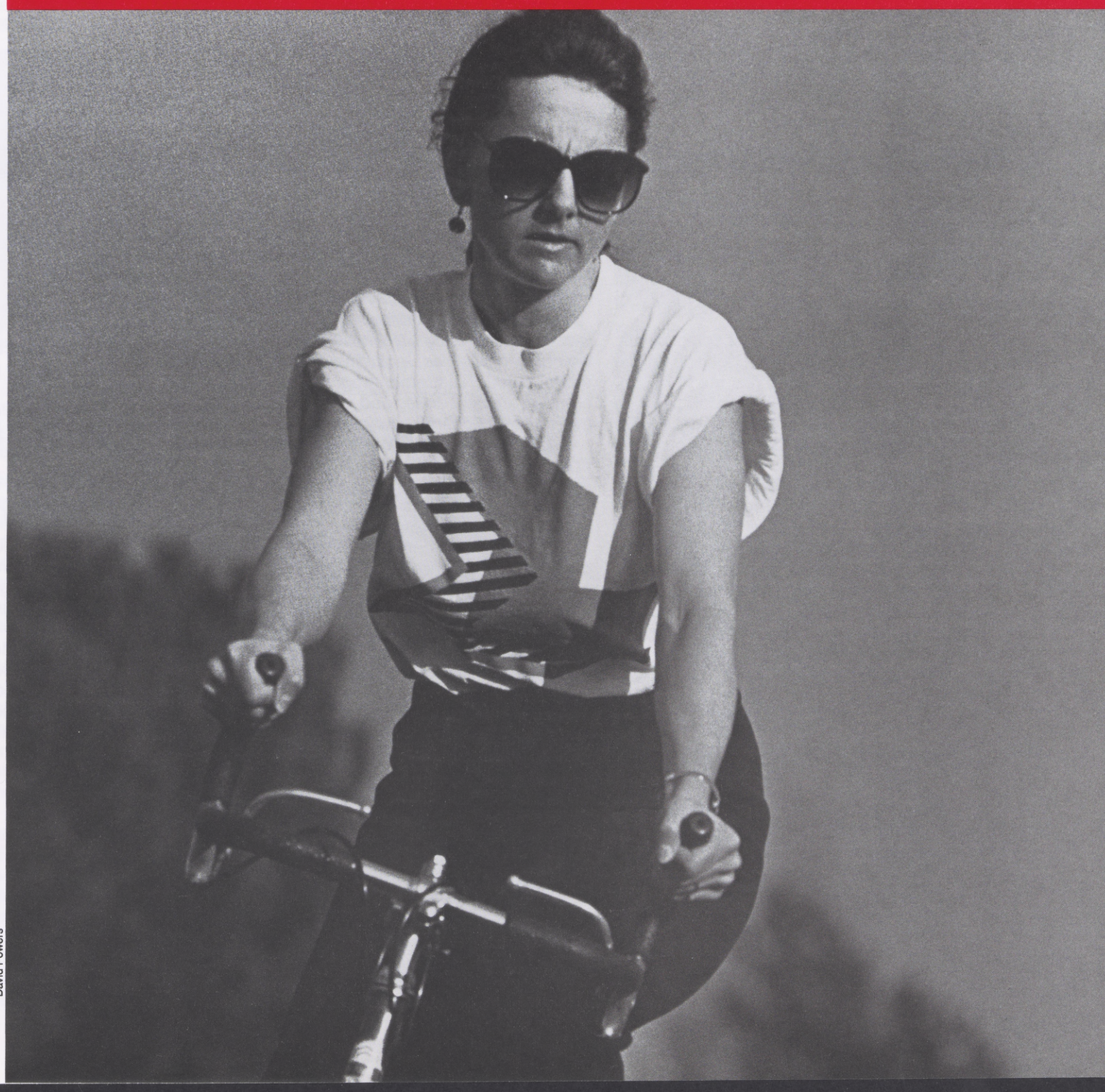
Finally, almost three years after her first painful episode, she read an article about percutaneous diskectomy. Maureen's doctor confirmed that it was an outpatient procedure requiring only local anesthesia and then referred her to James Morris, an orthopedic surgeon at UC San Francisco. Morris, he knew, had performed numerous such procedures over the past several years.

Originally developed in Japan in the mid-1970s, percutaneous diskectomy has only become widespread in the United States after Morris and colleagues at UCSF improved the techniques and equipment used. Morris reviewed Maureen's case and decided that she was a good candidate for the 45-minute operation. Last September at UCSF's outpatient Surgery Center, he cut a tiny incision in her back and inserted a hollow steel tube, slightly wider than a pencil lead. An X-ray fluoroscope guided Morris as he slid the tube against the disk.

Once in place, Morris and his colleagues threaded a needle-like device, complete with a blade and vacuum, down the tube. He inserted the needle tip into the middle of the disk and cut and suctioned out of some of the pulpy interior. The disk then shrank, slowly relieving pressure on the sciatic nerve.

In Maureen's case, it took a month before the pain disappeared. She still has occasional twinges, but now she can stand for the ride to work. She's gradually increasing her physical activity. And she's planning to have that baby—"maybe twins."

—Marshall Krantz



David Powers

To Our Neighbors

May/June 1990

Measuring harmful ultraviolet light in Antarctic waters

UCSF-Mount Zion integration approved

Many jaundiced babies getting unnecessary medical treatment

University of California, San Francisco
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More News for You

Prop 111 on June Ballot is Crucial to UC

UC President David Gardner has called the attention of California voters to a measure on the June ballot that is crucial to the state and the University of California.

Proposition 111 contains three major components: it would fix streets, highways and bridges and relieve traffic congestion; raise the state gas tax to pay for these programs; and modify the existing formula for a limit on state spending to permit more revenue to be available for use for higher education, health care and other programs.

The spending limit has put a financial squeeze on UC and other state institutions. Prop 111, however, would not eliminate the spending limit. Rather, it would change the formula for calculating the limit to more accurately reflect the state's economic growth, allowing the state budget to grow an estimated 8.7 percent a year, according to state figures. That way there might be more revenue for higher education, health and welfare, prisons and local assistance.

Gardner has warned that unless Prop 111 passes, the University may have to consider several unwelcome measures, including enrolling fewer students, cutting academic programs, significantly increasing student fees, and even breaking the UC tradition of not charging tuition to California residents.

Meantime, the Board of Regents has formally endorsed Proposition 121—the Higher Education Bond issue scheduled for the June ballot—and has authorized UC officials to organize a major information program supporting the measure. Proposition 121 will help finance the construction and renovation of classrooms, libraries and laboratories in all segments of California higher education.

Non-Nurses Can Get Master's Degree in Nursing

The UCSF School of Nursing is starting an innovative new program to begin in the fall of 1991 which will attract individuals who already have a bachelor's degree in other fields into a master's level nursing program. Studies have shown that many of these young people are looking for a way to combine their scientific knowledge with some sort of care-giving role.

The three-year program is a joint venture between the School of Nursing and the Department of Nursing in the Medical Center at UCSF. Students will take an intensive course in general nursing, combining classroom and clinical experience, where each student pairs up with a working nurse in the Medical Center.

After this first year, students will be qualified to take their RN licensure exam. During the second and third years, the students can choose a specialty area from over two dozen offered by the School, including oncology, gerontology, HIV/AIDS, psychiatry, and women's health, to name just a few.

For further information, contact Brenda Gee at 476-3876.

Sleeping Sickness Drug

A group of researchers at UCSF has shown that an experimental drug that cures African sleeping sickness—the first drug to come out against the deadly and widespread disease in nearly half a century—is so effective because it takes advantage of a small but critical difference between an essential enzyme in the parasite and the same enzyme in its human host.

The only difference is that the parasite's enzyme simply lacks a protein tail, and so cannot replenish itself when knocked out by the drug.

Alzheimer's Screening for Chinese

Chinese-speaking families with elderly members can take advantage of a bilingual, Alzheimer's screening program offered by Self-Help for the Elderly and the Alzheimer Center of UC San Francisco.

Medicare, MediCal and other insurance carriers are accepted for clinic services. The screening program is conducted at Self-Help for the Elderly, 445 Grant Ave., Suite 200, in San Francisco. For more information, call 982-9171.

UC SAN·FRANCISCO
125 YEARS OF EXCELLENCE